2. The method of Claim 1, wherein the human subject is an infant at risk for Sudden Infant Death Syndrome (SIDS).

3. (Canceled)

4. The method of claim 1, wherein the non-pathogenic lactic acid bacteria is included in the composition in the form of spores.

5. The method composition of claim 1, wherein the non-pathogenic lactic acid bacteria is included in the composition in the form of a dried cell mass.

6. The method of claim 1, wherein the non-pathogenic lactic acid bacteria is in the form of spores, and said method further comprises allowing the spores to germinate after the administering step.

7. The method of claim 1, wherein said composition contains 10^3 to 10^{12} CFU of viable non-pathogenic lactic acid bacteria or spores per gram of composition.

8. The method of claim 1, wherein said administering comprises introducing into the digestive tract from 0.1 to 50 grams per day of the ~~composition~~ non-pathogenic lactic acid bacteria in step (a).

9. The method of claim 1, wherein said administering comprises introducing into the digestive tract from 10^2 to 10^{10} viable bacteria or spores per day.

10. The method of claim 9, wherein said administering comprises introducing into the digestive tract from 10^3 to 10^6 viable bacteria or spores per day.

11. The method of claim 9, wherein said administering comprises introducing into the digestive tract from 10^6 to 10^9 viable bacteria or spores per day.

12. The method of claim 1, wherein said composition in step (a) further comprises an effective amount of a bifidogenic oligosaccharide to promote the growth of the non-pathogenic lactic acid

bacteria.

13. The method of claim 12, wherein the bifidogenic oligosaccharide is selected from the group consisting of fructo-oligosaccharide (FOS), gluco-oligosaccharide (GOS), raffinose, and long-chain oligosaccharides.

14. The method of claim 13, wherein the bifidogenic oligosaccharide comprises a polysaccharide having a polymer chain length of about 4 to 100 sugar units.

15. The method of claim 1, wherein the composition comprises about 10 milligrams to about 1 gram of FOS per gram of composition.

16. The method of claim 1, wherein the composition comprises from 100 to 500 milligrams of FOS per gram of composition.

17. The method of claim 1, wherein the administering comprises introducing into the digestive tract from 10 milligrams to 20 grams of fructo-oligosaccharide per day.

18. The method of claim 1, wherein the administering comprises introducing into the digestive tract from 150 milligrams to 5 grams of fructo-oligosaccharide per day.

19. The method of claim 1, wherein the composition in step (a) further comprises a food substance, flavoring, vitamin or mineral.

20. (Canceled)

21. The method of claim 1 wherein the oral electrolyte maintenance formulation in step (a)(ii) is a powder comprising sodium chloride, potassium citrate, citric acid or glucose.

22. The method of claim 1 wherein the oral electrolyte maintenance formulation in step (a)(ii) is rehydrated with water to produce a solution comprising 45 to 75 mEq/1 of sodium, 20 mEq/1 of potassium, 35 to 65 mEq/1 of chloride, 30 mEq/1 of citrate, 20-25 g/1 of glucose, and about 5 x

wherein said nonpathogenic lactic acid bacteria comprises